

VDH VIRGINIA DEPARTMENT OF HEALTH



EMERGENCY KIT
COOK-OFF
RECIPE

"Power Meal"

By: Mayerly Rodriguez



**Voted First Place*

EMERGENCY KIT
COOK-OFF
RECIPE

“Power Meal”

By: *Mayerly Rodriguez*

Ingredients:

Any of the following:

❖ 2 cans of oil/water based
tuna, sardines, salmon,
sausages, or any dry protein

❖ Bread, crackers, cereal,
tortillas, cookies, chips, or
other carb

❖ Mayonnaise, ketchup,
BBQ sauce, mustard,
lemon, and vinegar

Prep Time: 3 mins

Total Time: 5 mins

Directions:

*Open 2 cans of protein, pour the
content in the zip-lock bags,*

*Add sauces as you desire and
mix until it gets creamy.*

*Serve dip with the chosen
carbs.*

**Optional - Add any fruit or
vegetable.*

EMERGENCY KIT
COOK-OFF
RECIPE

"Stovetop Pizza"

By: John Ringer



**Voted Second Place*

"Stovetop Pizza"

By: John Ringer

Ingredients:

Sauce:

- ❖ *Water*
- ❖ *Flour*
- ❖ *Salt*
- ❖ *Yeast*
- ❖ *Canned tomatoes*
- ❖ *Olive oil*
- ❖ *Dried pepperoni*

Prep Time: 35 mins

Total Time: 135 mins

Directions:

Prepare the dough an hour before use and allow it to rise while covered with a damp cloth.

Preheat a cast iron skillet.

Warm tomato sauce in a sauce pan.

Roll out dough with your fingers and then place into cast iron skillet for 1-2 minutes on high heat.

Flip dough over and turn down heat, to cook the other side. Add toppings and cover pizza for further cooking.

EMERGENCY KIT
COOK-OFF
RECIPE

"Broccoli and Chicken Casserole"

By: Julie Moon



**Voted Third Place*

EMERGENCY KIT
COOK OFF
RECIPE

"Broccoli and Chicken Casserole"

By: Julie Moon

Ingredients:

- ❖ 1 can chicken broken apart
- ❖ 1 ½ cup freeze dried broccoli
- ❖ Boxed chicken broth
- ❖ 10-12 ounces gluten free noodles
- ❖ 17 Italian spices, onion powder, garlic powder, salt & pepper
- ❖ ½ cup Parmesan cheese in shaker

Optional: Use additional parmesan cheese for topping

Prep Time: 20 mins

Total Time: 35 mins

Directions:

Heat 10-12 ounces of noodles on a wood stove, grill, or open flame in the chicken broth (use entire box). *Add water if needed to cover noodles while cooking until tender. (Note: Gluten free noodles cook faster than conventional noodles so cook 2 minutes less than instructions on box).

Drain noodles capturing the liquid.

Pour in freeze dried broccoli to rehydrate then add to noodles.

Mix canned chicken, broccoli, and broth, into casserole dish.

Add spices.

Mix and top with parmesan cheese to taste.

EMERGENCY KIT
COOK-OFF
RECIPE

“Southwest Quinoa Power Protein Salad”

By: Shannon Macika



**Voted Third Place*

EMERGENCY KIT COOK-OFF RECIPE

“Southwest Quinoa Power Protein Salad”

By: *Shannon Macika*

Ingredients:

- ❖ 1 cup uncooked quinoa
- ❖ Potable water
- ❖ 1/3 cup diced red or yellow onion
- ❖ 2 cloves garlic, chopped or pressed,
- ❖ 1/2 cup chopped fresh cilantro
(optional, if available in a potted plant at your home during an emergency)
- ❖ 1 15-ounce can black beans, drained and rinsed
- ❖ 1 15-ounce can yellow corn, drained (use half this amount if using canned cream corn)
- ❖ 3 tbsps olive oil
- ❖ Salt and pepper, to taste

Prep Time: 10 mins

Total Time: 30 mins

Directions:

Cook the quinoa according to package directions with potable water. When finished cooking, remove from the burner and fluff up with a fork to help it cool more quickly.

While the quinoa is cooking, prepare the rest of the salad. Mix the red onion, garlic, cilantro (optional), black beans, corn, and olive oil in a large bowl. Set aside.

When the quinoa has cooled, mix it into the bean mixture. Add salt and pepper or more olive oil to taste. Serve at room temperature.

EMERGENCY KIT
COOK & OFF
RECIPE

“Just Add Ramen-Seafood”

By: Saran S. Ross



EMERGENCY KIT COOK-OFF RECIPE

“Just Add Ramen-Seafood”

By: *Saran S. Ross*

Ingredients:

- ❖ 1 package of Shrimp Flavored Ramen Noodles
- ❖ 1 can of Shrimp
- ❖ 1 can of Crab Meat
- ❖ 1 can of Asian Vegetables
- ❖ 1 can of corn
- ❖ 3 Packets of Soy Sauce
- ❖ Ginger powder
- ❖ Garlic powder
- ❖ Onion powder
- ❖ 4 bottles of water
- ❖ 1 package of chopsticks(optional)
- ❖ 1 fortune cookie (optional)

Prep Time: 10 mins

Total Time: 20-25 mins

Directions:

Open all of the cans, the Ramen noodle package and 2(or 3) bottles of water. Place the water in a pot and set on med- high temp. until it comes to a boil. Add 2 packets of Soy Sauce to the water, a dash of garlic, ginger and onion powder. Add Ramen and cook until noodles are firm. Once noodles are firm, add 3 tbsp of Asian veggies, 1 tbsp of corn, 2 tbsp of shrimp and 1 tbsp of crab meat. Use chopsticks to stir until noodles are soft(optional). Once noodles are soft, remove from heat and dump all but 1/4 cup of water. Add the shrimp seasoning packet and then stir with chopsticks. Serve hot with 1 fortune cookie and 1 bottle of water

EMERGENCY KIT
COOK-OFF
RECIPE

“Peanut Butter Chew”

By: Sarah Cline



“Peanut Butter Chew”

By: Sarah Cline

Ingredients:

- ❖ 1 cup brown sugar
- ❖ 1 cup peanut butter
- ❖ 1 cup dark corn syrup
- ❖ 4 cups Rice Krispies

Prep Time: 20 mins

Total Time: 20-25 mins

Directions:

Cook and bring sugar and corn syrup to a boil then remove from heat.

Stir in peanut butter until smooth.

Add and mix Rice Krispies to the mixture.

Shape mixture into small balls. Place on wax paper to serve (optional).

EMERGENCY KIT
COOK-OFF
RECIPE

"Black Bean Burger"

By: WIC Liaison Team (Megan Nason & Deborah Walton)



EMERGENCY KIT
COOK  OFF
RECIPE

"Black Bean Burger"

By: WJC Liaison Team

Ingredients:

- ❖ 1/2 can yams; drained
- ❖ 1 can black beans; drained
- ❖ 3/4 cup oats; crumbled
- ❖ 1/2 t onion salt
- ❖ 1 t cumin powder
- ❖ 2 t chili powder
- ❖ Optional - Salsa (top each burger for flavor)

Prep Time: 20 mins

Total Time: 20-25 mins

Directions:

Mash black beans. Add yams and other ingredients. Mix well.

Form mixture into several patties.

Cook patties in vegetable oil for 4 minutes on each side.

Top with salsa, if desire.

Used all WJC approved items



Special Thanks To:



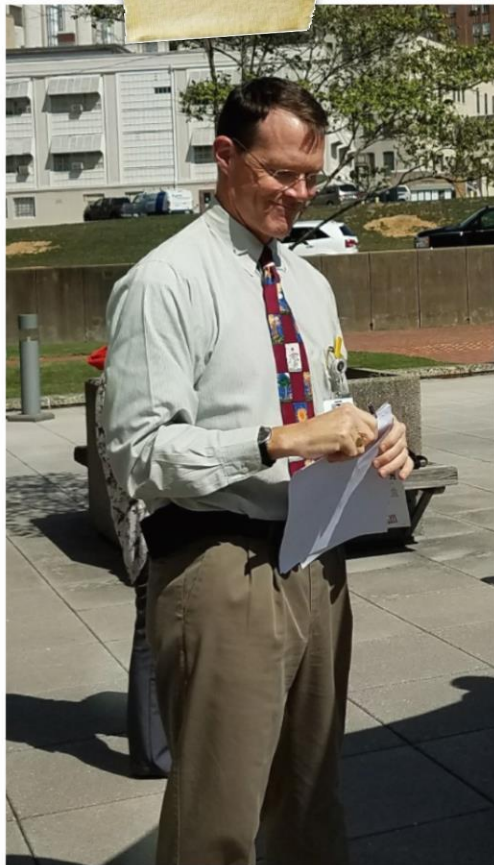
**Master of
Ceremonies**

Chris Gordon
Executive Advisor

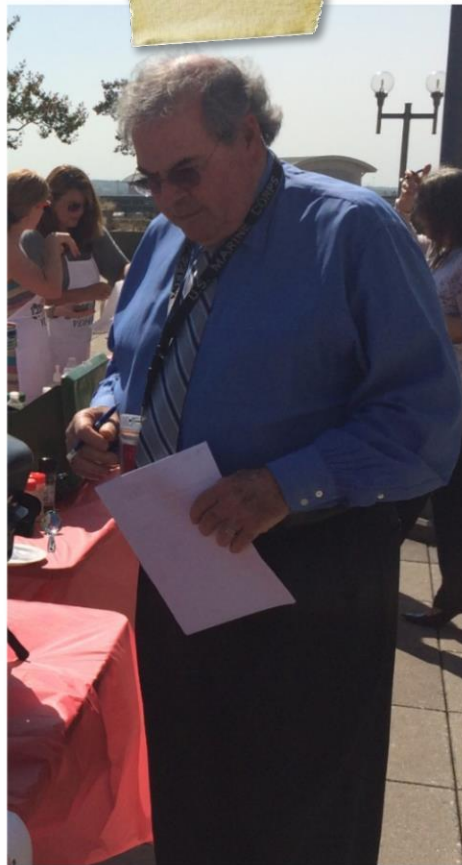


**Organizer
Adreania
Tolliver**

Training Coordinator



**Judge
Dr. Hughes
Melton
Chief Deputy
Commissioner**



**Judge
Bob Mauskopf, MPA
Director, Emergency
Preparedness**



**Judge
Nancy Glasheen
Executive Assistant to
Commissioner Levine**



Special Thanks To:



**American
Red Cross**

Together, we can save a life

together, we can save a life

A circular logo for Capital Ale House. It features a black silhouette of a classical building with columns in the center. The words "CAPITAL ALE HOUSE" are written in a black, serif font around the top inner edge of the circle.

CAPITAL ALE HOUSE





And viewers like you!

